WHOA NELLY!

FURTADO IS HITTING THE ROAD TO PROMOTE HER FIRST ENGLISH ALBUM IN SIX YEARS; SAYS HER NEW SOUND IS 'RAW,' 'ABRASIVE' AND 'IRREVERENT'

VANCOUVER metro®

Tuesday, January 8, 2013

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SKI & STAY PACKAGE

p: Eric Berger

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High-risk pet killer released

Convicted pet killer Kayla Bourque was released Monday. She plans to live in Vancouver. HANDOUT/THE CANADIAN PRESS

Warning. Kayla Bourque plans to live in Vancouver under strict probation

EMILY JACKSON
emily.jackson@metronews.ca

A former Simon Fraser University student who admitted to torturing and killing her family's cat and dog without showing remorse was released from prison Monday under extensive probation conditions.

Kayla Bourque, 23, spent eight months in prison after being convicted of causing unnecessary pain, suffering or injury to animals, wilfully and without lawful excuse killing animals, and possessing a weapon.

She plans to live in Vancouver, according to a public warning issued by the B.C. Ministry of Justice.

She is at high risk to re-offend.

Slender with brown eyes and black hair, Bourque has an escalating criminal history that includes violence against people and animals. SFU called police after another student told a teaching assistant that Bourque had mentioned some of her crimes and that she may have spoken about her fantasies of killing a homeless person.

Judge Malcolm MacLean called her "psychopathic" and a "sexual sadist" and said she had no empathy when he sentenced her to probation with 46 conditions in November.

The harm Bourque has inflicted on animals may be a precursor for what she may do to humans, said Prof. Rob Gordon, SFU's criminology department head.

"It's what it predicts that is of concern."

Bourque was adopted as a child from an orphanage in Romania and lived in Prince George before moving to Burnaby to attend university.

Among other conditions, Bourque is forbidden from owning animals, associating with any person younger than 18, accessing the Internet or social-networking sites, enrolling in post-secondary education, possessing weapons, or going on SFU property.

Bourque will be subject to close monitoring and must obey a daily curfew from 6 p.m. to 6 a.m. She must report any relationships to her probation officer.

Her probation will last three years and the probation order will be reviewed in three months.

Anyone who observes Bourque in violation of her probation is asked to call police.

WITH FILES FROM THE CANADIAN PRESS

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Family and friends remember Bentall IV tragedy

Dianne and Bruce Stevenson, whose brother was one of four construction workers who fell to their deaths in 1981 while working on Bentall Tower IV, lay flowers on a plaque outside the building during a memorial ceremony on Monday. Construction-industry organizations and workers continue to call for stronger safety measures to prevent injuries and fatalities. PHYLICIA TORREVILLAS/METRO

Don't show Doyle the door, Dix says

Attorney general's term over. NDP accuses Liberals of lashing out against watchdog

EMILY JACKSON
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NDP Leader Adrian Dix wants the government to rescind its behind-closed-doors decision not to reappoint the province's top watchdog.

It's "obviously a bad decision" to push out auditor general John Doyle, whose job is to hold the government to account for spending and performance, Dix said at a news conference on Monday.

Doyle's recommendations have been implemented almost without exception, Dix said, and his "outstanding" work should earn him another six-year term in office.

Getting rid of Doyle is how the government deals with criticism, Dix and NDP caucus chair Shane Simpson suggested.

"This is a government with a pretty thin skin when it comes to the question of how it responds to a very effective watchdog, and they are lashing out," Simpson said at the news conference.

But a selection committee consisting of both NDP and Liberal MLAs decided not to give him another chance. It's unclear why the committee, which must make decisions unanimously, didn't give Doyle the green light.

All decisions are made in camera, so Dix said he doesn't know what motivated the decision. He wants Premier Christy Clark to join him in speaking out against it.

But Clark "respects the independence of the legislative committee," her spokesman, Ben Chin, said in an email.

"As for the re-appointment of Mr. Doyle, it is an in camera matter and the decision must be unanimous. Whatever decision was made, it is determined by the all-party committee of the legislature," Clark's press secretary, Michael Morton, wrote in an email.

Doyle is known for his high-profile battles regarding BC Hydro's accounting practices and the waiving of legal fees for two Liberal aides.

Stanley Cup riot

Ex-beauty queen guilty of rioting

Former pageant contender Sophie Laboissonniere has pleaded guilty for her role in the 2011 Stanley Cup riot. The one-time Miss Congeniality did not appear in court on Monday. Her lawyer, David Baker, entered a plea on her behalf for one count of participating in a riot. The Crown has asked for a psychological assessment before sentencing. PHYLICIA TORREVILLAS/METRO

Popular gift

Ebook loans up

Apparently, Santa doled out hundreds of digital readers to library users. Ebook loans jumped to about 460 per day from 250 per day in the two weeks since Christmas, Anne O'Shea, Vancouver Public Library's digital services manager, said on Monday. EMILY JACKSON/METRO

Name not released

Skier dies at Whistler

A 43-year-old man from Oklahoma died on Monday after apparently falling off a cliff at Whistler Mountain. The man was found unresponsive by a skier on the Franz's Meadows run. JEFF HODSON/METRO

No one injured

WestJet plane slides off tarmac

Blizzard conditions at the Kelowna airport thwarted travel plans when a WestJet plane slid off the tarmac on Monday. The nose wheel and two main gear wheels on the right side of the Edmonton-bound Boeing 737 left the apron, the area where planes park and are loaded, WestJet said on Facebook. EMILY JACKSON/METRO

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EPA head quits ahead of XL plan

Rumour has it. Jackson has voiced concerns over Keystone XL, which President Obama appears set to approve

Lisa Jackson, the former head of the EPA THE ASSOCIATED PRESS FILE

The head of the U.S. Environmental Protection Agency resigned abruptly last week, reportedly to protest the Obama administration's apparent plans to approve TransCanada's Keystone XL pipeline in the coming months.

The New York Post reported that Lisa Jackson suddenly quit her post because she doesn't want to be at the helm of the agency when the White House rubber-stamps the project.

"She was going to stay on until November or December," a source close to Jackson told the Post. "But this changed it. She will not be the EPA head when Obama supports (Keystone XL) getting built."

The EPA is one of several federal agencies that have been advising the Obama administration on the $7-billion pipeline, a project that would carry millions of barrels of crude a week from Alberta's carbon-intensive oilsands to the U.S. Gulf Coast.

The ultimate decision on Keystone XL's fate rests with the State Department.

Jackson was appointed head of the agency soon after Obama's inauguration. Over the past four years, she's pushed through the toughest new air- and water-pollution rules in more than 20 years and frequently spoken out on climate change.

Under her watch, the EPA has also raised serious concerns about Keystone XL.

In July 2010, as TransCanada awaited a decision from the White House on the pipeline, the EPA sent a letter to the State Department calling its draft environmental assessment "inadequate."

It chastised analysts for failing to address the greenhouse-gas emissions associated with the project, and urged the State Department to further examine safety and spill-response planning, as well as the impact on Canadian native communities.

Obama rejected the pipeline early last year, but invited TransCanada to file a new application with an altered route that would skirt Nebraska's ecologically sensitive Sand Hills region.

TransCanada did so, and is awaiting word on approval after getting the all-clear from Nebraska.

THE CANADIAN PRESS

Aurora. Police testify in hearing for suspected movie-theatre gunman

The families of victims of last year's mass shooting at a Colorado theatre sat through emotional testimony Monday from police officers who tried to save the lives of the wounded.

One sergeant recalled during the hearing for suspected gunman James Holmes that he did not find a pulse for the youngest victim, six-year-old Veronica Moser-Sullivan.

Another said he had to stop one man worried about his young daughter from jumping out of the moving patrol car.

A bearded Holmes didn't appear to show any emotion.

The first extensive details were emerging about the young man suspected of killing 12 people and wounding at least 58 in one of the worst mass shootings in the U.S. last year. The hearing will determine whether the case will go to trial.

Police officers who arrested Holmes described him as unusually relaxed but fidgety at times.

Any new details to emerge this week — including Holmes's mental state — will come amid the discussion over an array of proposals, including tougher gun laws and better psychiatric care. THE ASSOCIATED PRESS

Family members and victims line up to get into court on Monday for a preliminary hearing for Aurora theatre shooting suspect James Holmes at the courthouse in Centennial, Colo. ED ANDRIESK/THE ASSOCIATED PRESS

Twitter

Don Cherry on aid to Haiti: 'Are we nuts?'

Don Cherry took to Twitter on Monday to air his objections over the millions in aid money that Canada sends to Haiti.

"You know, I am one of those guys, like most people in Canada, we like to help the countries all over the world. But sometimes it makes you wonder," read a couple of the tweets.

"Maybe it's just me. But Canada gave Haiti 49.5 million dollars last year. Are we nuts?"

Cherry asked why Ottawa would send so much cash to Haiti when the health-care system in Canada is stretched to its limits. "We've got a guy dying in Toronto waiting 3 hours for an ambulance," the controversial star tweeted to his nearly 118,000 followers.

The tweets came five days before the third anniversary of a massive quake in Haiti that killed an estimated 300,000 people and left more than 1.5 million homeless.

THE CANADIAN PRESS

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Go Further

LINCOLN

Wanted: One hotshot new central banker (nerves of steel req'd)

Apply immediately.
If you can shape global economic policy, keep inflation in check and manage the loonie, you too could be the next BoC governor

Psst. Want to be the next governor of the Bank of Canada? An executive search firm has posted an ad for the position on the central bank's website.

The ad doesn't say how much the job pays, but according to the bank's website, the salary for 2012 was between $431,800 to $507,900 plus pension, health and dental benefits.

But the ad does outline an impressive list of criteria.

Quite apart from the daunting task of succeeding the current governor, Mark Carney, who is seen as something of an international financial superstar, the job is not for the faint of heart.

Carney's resume, for example, includes a doctorate in economics from Oxford University, 13 years with Goldman Sachs, and a stint as a senior official in the federal finance department.

His successor must be capable of running an institution that helps shape global economic policy, keep Canada's inflation rate in check and maintain integrity in the value of the loonie, says the ad posted by Odgers Berndston recruiting agency.

It also says the candidate must be a Canadian citizen. That appears to rule out an international swap for Carney, who is leaving in June to become governor of the Bank of England. TORSTAR NEWS SERVICE

Market Minute

DOLLAR 101.45¢ (+0.14¢)

TSX 12,499.55 (-41.26)

OIL $93.19 US (+10¢)

GOLD $1,646.30 US (-$2.60)

Natural gas: $3.27 US (-2¢)
Dow Jones: 13,384.29 (-50.92)

By the numbers

$431,800

The ad doesn't say how much the job pays, but according to the bank's website, the salary for 2012 was between $431,800 and $507,900, plus pension, health and dental benefits.

Sssssweet! This snake can talk to your iPhone

Meet Reptar, a slithering high-tech snake that's one of 17 different robots that can be built with the new Lego Mindstorms EV3 platform, a $350 US kit that was unveiled Monday at the International Consumer Electronics Show in Las Vegas. The robots will have the ability to talk to iPhones, iPads and iPod Touches through Bluetooth wireless connections. LEGO/THE ASSOCIATED PRESS

Air Canada, WestJet post strong 2012 with record load factor for December

Canada's major airlines enjoyed healthy passenger demand heading into 2013 as they reported record load factors for December, carrying substantially more passengers with modest increases to capacity.

WestJet said its load factor for December hit a record 81.9 per cent while Air Canada hit record load factors for the month and the year.

Montreal-based Air Canada said its load factor rose to 82.1 per cent last month while the full-year number was 82.7 per cent, up 1.1 points in each case.

Air Canada said it had a 3.2 per cent increase in passenger traffic last month over December 2011, with a 6.6 per cent increase to U.S. destinations and a 5.1 per cent increase on transatlantic routes. That was a strong finish to a generally good year for Canada's largest airline, which saw 2012 passenger traffic rise 2.6 per cent over 2011. THE CANADIAN PRESS

What it means

- Analysts monitor load factor as a measure of how much total fleet capacity is used by an airline to carry passengers.

SAY 'I DO' TO THESE UNIQUE WEDDING TRENDS

SHE SAYS...
Jessica Napier
metronews.ca/voices/she-says

The holiday season is over, which means that the wedding-planning season has officially begun. With most couples walking down the aisle during the spring and summer months, many are starting to make plans for their upcoming nuptials.

From the cheesy first dance to the bouquet toss, most weddings tend to feel like the same thing over and over again. "No matter how unique a couple wants to be, there are still certain traditions they'll want to honour," says Four Weddings Canada producer Marnie Sugarman, who has overseen more than 100 weddings while working on the reality show in which brides attend and judge each other's weddings to compete for a dream honeymoon.

So how can couples make their special day stand out among the cookie-cutter ceremonies? Skip the tacky convention-centre bridal shows (where good taste goes to die) and consider these five hot wedding trends for 2013.

Guest ye be judged

Formal "You're Not Invited" announcements are the perfect way to let those pushy friends and relatives know that they didn't make the cut.

Actually getting hitched is only the beginning: Flash mobs, choreographed dances and skits are just some of the creative ways couples are going above and beyond to entertain their wedding guests, says Sugarman. Because nothing says "I'll love you for eternity" like circus animals and a pyrotechnic display.

You are cordially uninvited: Formal "You're Not Invited" announcements are the perfect way to let those pushy friends and relatives know that they didn't make the cut. Yes believe it or not, couples are actually spending hundreds of dollars on stationery and calligraphy fees to reach out to the people they don't like enough to put on the guest list.

Ditch the white dress: Let's face it: Most of us aren't fooling anyone in those virginal white dresses anymore. If you're both in your late 20s or older and have been living together for a few years, it's safe to assume that people know you aren't saving it for marriage. So why stick with the oh-so-chaste plain white dress? Opt for an unconventional shade such as soft pink or yellow, which Sugarman says are becoming increasingly popular.

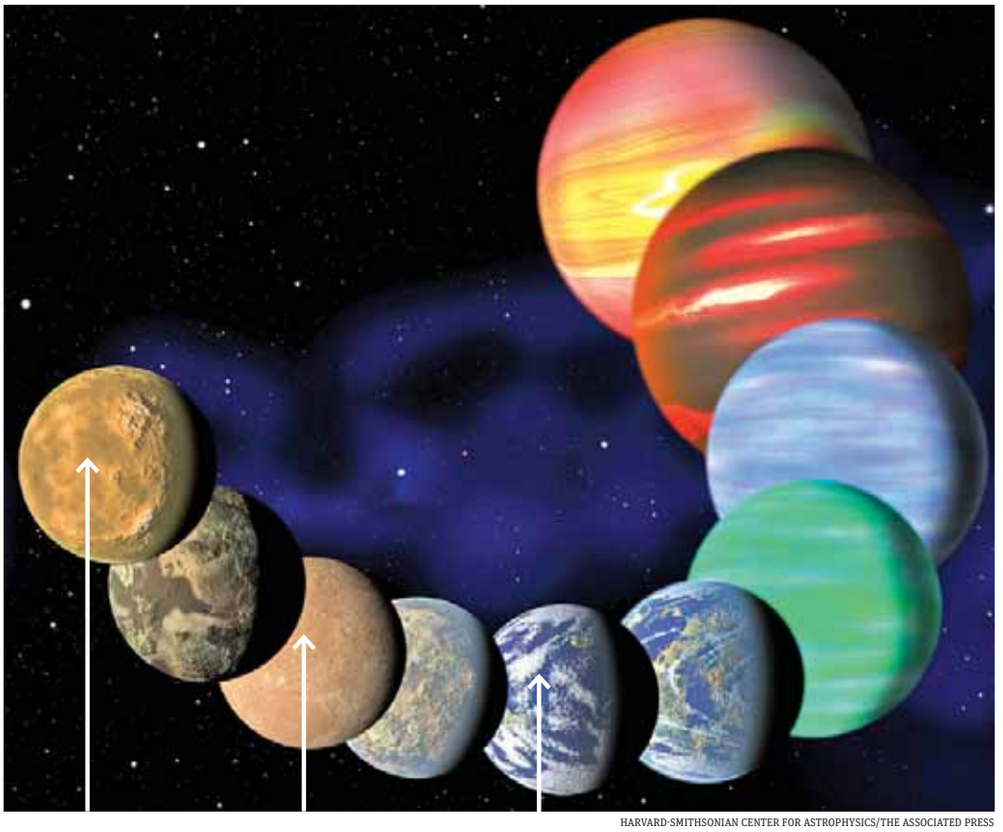
Churches are so over: From art galleries to high-end furniture stores, many couples are seeking out unique venues to exchange their vows. Also, anyone on Pinterest knows that banquet-hall receptions are out and adorably twee barnyard hoedowns are in.

Make your Big Day a small affair: The couples on Four Weddings Canada spent an average of $31,625 on their weddings. With that kind of money you could buy a brand new Mini Cooper convertible, finance two years of university education or put a down payment on a house. So instead of donning a haute couture blush-pink gown and dancing down the aisle in an airplane hangar, you could just pop some champagne while signing the papers at city hall and save yourself a whole lot of money.

Let your gown do the blushing for you.
PASCAL LE SEGRETAIN/ GETTY IMAGES

Follow Jessica Napier on Twitter @MetroSheSays

So many worlds of possibility



HARVARD-SMITHSONIAN CENTER FOR ASTROPHYSICS/THE ASSOCIATED PRESS

Goldilocks mission

Spacecraft spots billions of Earth-sized planets

This artist rendering released Monday by Harvard-Smithsonian Center for Astrophysics shows the different types of planets in our Milky Way galaxy detected by NASA's Kepler spacecraft.
THE ASSOCIATED PRESS

Not too hot, not too cold

17B

A new estimate presented at the American Astronomical Society suggests that the Milky Way galaxy is home to at least 17 billion planets similar in size to Earth.

It doesn't mean all are potentially habitable, but the sheer number is a welcome starting point in the search for worlds like our own.

Scientists have yet to find a twin Earth — one that's not only the right size but also located in a zone that's not too hot and not too cold where water might exist in liquid form.

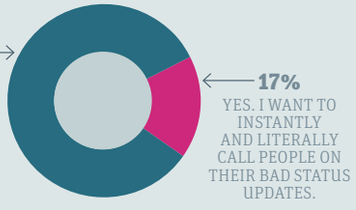
Search for just-right twin

- Two independent groups came up with the new estimate after a fresh analysis of data gathered by NASA's Kepler spacecraft, launched in 2009 to track down other Earths. The craft spots a planet when it passes in front of the planet's star.
- One team led by Francois Fressin of the Harvard-Smithsonian Center for Astrophysics estimated at least one in six stars has an Earth-size planet orbiting it.
- Using a different method, researchers at the University of California, Berkeley and University of Hawaii determined 17 per cent of stars host planets that are one to two times the diameter of Earth.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Canada is the guinea pig for Facebook's new VoIP service. Will you be answering the call?


83%
NO. I ALREADY HAVE SKYPE, FACETIME AND A PHONE PLAN.
17%
YES. I WANT TO INSTANTLY AND LITERALLY CALL PEOPLE ON THEIR BAD STATUS UPDATES.

Twitter

@theScore: Odds to win Stanley Cup: Penguins 6-1, Kings 10-1, Canucks 10-1, Oilers 25-1, Sens 40-1, Jets 40-1, Leafs 40-1, Canadiens 40-1, Flames 66-1.

@FarhanLaljiTSN: What #Leafs fans don't get is that a larger population doesn't make it a tougher market. In Vancouver there are higher expectations. #canucks

@Reubenhub: Pretty sure most people want the #Canucks to trade for Tyler Bozak is because he has a cool name.

@Kelz0017: In the end no story until #Luongo actually traded. Distraction on a team means the chemistry isn't how we want it. #canucks

@VancityJC: How funny would it be if Lui refused a trade and made the Canucks buy him out, only to sign in Florida. #funny

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It may have taken 113 days (and many broken hearts) but the NHL lockout has finally come to an end. While both sides finalize details, fervent fans must impatiently wait for the games to begin. In the meantime, Metro presents five songs to get you back in the mood for hockey:

STEVE GOW
scene@metronews.ca

Time to Go, Dropkick Murphys

No other song so brilliantly highlights the anticipation of the strike's end. Dropkick Murphys, hockey enthusiasts themselves, wrote this tune as a Bruins fight song. But its spirited chant "drop the puck, it's time to go" surely speaks to all fans eager for the return of their favourite sport.

50 Mission Cap, The Tragically Hip

50 Mission Cap may be specifically about hockey hero Bill Barilko and his mysterious disappearance after leading the Maple Leafs to a Stanley Cup, but the Tragically Hip's hockey hit also speaks to a simpler, nostalgic period of the sport's history.

The Hockey Song, Stompin' Tom Connors

Stompin' Tom Connors' 1973 classic has become synonymous with the sport. Not only is it played at every NHL game, but its chorus blurts out "the best game you can name is the good ol' hockey game" and that's gospel for many Canadians.

Big League, Tom Cochrane

A song about a player whose promising hockey greatness was cut short by a car wreck, Tom Cochrane himself admits he's as proud of his 1988 hit "as anything I've ever written." Pure Canadiana, its spirit mirrors the passion of the fans.

Hit Somebody (The Hockey Song), Warren Zevon

Warren Zevon may be best known for Werewolves of London, but this quirky 2002 song about a young, talentless goon passionate to score just one goal instead of fight should be a reminder to NHLers how lucky they are to play.

DVD review

Frankenweenie

Director. Tim Burton

Stars. Winona Ryder, Catherine O'Hara, Martin Short

Tim Burton's story about a young Victor Frankenstein reviving his dead pet pooch Sparky with lightning and lab tricks is itself something of an undead awakening. Frankenweenie was also the title and subject of a short film Burton made early in his career in the 1980s, when he was a lot fresher and more creative than he is today. The original Frankenweenie short was attached to some DVD editions of The Nightmare Before Christmas, the 1993 animated film masterminded by Burton but directed by Henry Selick (Coraline). The feature-length Frankenweenie doesn't vastly improve on the short, but it does immerse us more fully into the world of young Victor (Charlie Tahan), his worried parents (Catherine O'Hara and Martin Short), shy strange girl next door (Winona Ryder) and the meddlesome townsfolk of tiny New Holland.

PETER HOWELL

Nelly Furtado is hitting the road to promote her new album, Spirit Indestructible, which came out in September. GETTY IMAGES

How Nelly got her groove back

Spirit Indestructible. Singer dug deep into her past to inspire her on her new album — her first English effort in six years

IAN GORMELY
scene@metronews.ca

Nelly Furtado's latest album, Spirit Indestructible, saw release back in September, but the Victoria singer is only now hitting the road to promote the release.

The delayed trip, which includes a string of Canadian dates, is in keeping with the drawn out creative process behind the record, her first English language effort in six years.

"It took two or three years for me to put forth what I really wanted to say on the album," she says.

After releasing a Spanish-language album on her own NelStar label in 2009 and overseeing Toronto singer-songwriter Dylan Murray's debut for the fledgling company, Furtado found it difficult to rediscover the groove that had helped produce massive international hits like I'm Like a Bird and Promiscuous.

But Furtado's material soon took on a nostalgic tone as she began digging through her past for inspiration. Rodney "Darkchild" Jerkins, who produced the majority of the album's dozen tracks, worked on many of the late-'90s R&B and hip-hop tracks Furtado grew up on.

The track Big Hoops even name-checks No Diggity, a 1996 hit by Blackstreet, an R&B group founded by Jerkins' mentor Teddy Riley. Yet the singer was oblivious to her producer's past until she found plaques commemorating his work with Aaliyah hanging in the studio hallway.

"I think that was why I was feeling so open and willing to write about stuff from the past in such a celebratory way," says Furtado.

"There was a lot of serendipity going on."

Furtado describes the final product as "quite different" from her previous outings, combining the club vibes of 2006's Timbaland-assisted Loose with the folkier leanings of her first two records.

Eclecticism, she says, has always been a big part of what she does. "It's very loud, abrasive, it's raw, and a little irreverent."

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Plus more.

The Word

Kanye and Kim say no to sale of first baby pics, who said yes?

THE WORD
Dorothy Robinson
scene@metronews.ca

Upon the news that Kim Kardashian and Kanye West have already turned down a $3 million paycheque for the pictures of their unborn child from an overseas tabloid, The Word thought it would be interesting to look at past celebrity baby reveals for ways they can promote Wee Little West.

Selling out (or not) to the highest bidder.

• Brad Pitt and Angelina Jolie are No. 1 in raking in cash from their offspring. In 2006, they got $4.1 million for pictures of their first biological daughter, Shiloh, and a whopping $14 million for their twins, Knox Leon and Vivienne Marcheline, in 2008. However, the couple used the payday for good — they donated the millions to charity.

• J.Lo & Marc Anthony pocketed a reported $6 million from People magazine for the rights to publish pictures of their twins, Emme Maribel Muñiz and Maximilian "Max" David Muñiz, in 2008.

• Christina Aguilera received a reported $1.5 million for her baby photos of son Max from People magazine in 2008.

• Beyoncé and Jay-Z eschewed a big pay day and instead released photos of their daughter Blue Ivy to the public via Tumblr with the statement, "We welcome you to share in our joy. Thank you for respecting our privacy during this beautiful time in our lives. The Carter family."

• And of course, they could always not release photos of their baby and enjoy the time privately (editor's note: hahahahahahahahaha!). Some big stars who haven't publicized their recent babies are Adele, The Beckhams, Ben Affleck and Jennifer Gardner, Anna Paquin and Stephen Moyer.

Bieber dedicates latest inking to Grampa

Justin Bieber

Justin Bieber's tattoo obsession continues, with the 18-year-old Canadian pop star debuting yet another patch of ink via his Instagram account earlier this week. The piece, a profile of a Native American chief, is the logo for the Stratford Cullitons junior ice hockey team. "My grandfather always took me to the Stratford Culliton every Friday night," Bieber posted along with the photo. "This is for (you), Grampa." Last week, Bieber also had a session to add embellishments to an existing tattoo of praying hands on his lower leg.

Courtney Cox and David Arquette

Arquette still Cox's 'best friend' despite divorce

Courteney Cox and David Arquette definitely win the award for most amicable divorce, as the Cougar Town star insists to Ellen DeGeneres that Arquette is still her best friend. "I appreciate David more now than I ever did," Cox says. "I mean, it's hard. I don't recommend divorce in general, but you know, he is my best friend and we've both grown and changed and I think we both appreciate each other more. I hope he does. I do." The pair separated in 2011 and filed for divorce in June but remain active parts of each other's lives.

Claire Danes. ALL IMAGES GETTY

Stay-at-home parenting not for Claire Danes

Though her first child is not even a month old, Homeland star Claire Danes is already making it clear she doesn't plan to be a stay-at-home mom. "I've always wanted to have kids, but I'm glad I didn't until now. When I was thinking about (working and being a mother) originally, I was really nervous about it," Danes tells Elle magazine. "I think I would make a lousy stay-at-home mom. It just wouldn't suit me. I feel so fortunate in that I've had this arrow-straight focus that I wanted to act." Danes and husband Hugh Dancy welcomed son Cyrus on Dec. 17.

5 ways to cut weight

Hands up everyone who plans to start the new year with a resolution about weight. Yup, that's a lot of hands. As everyone who has ever tried to lose weight knows it's not easy. With the help of Dr. Yoni Freedhoff, an Ottawa-based weight loss expert, and Dr. Arya Sharma, who holds a chair in obesity research and management at the University of Alberta, we're going to tell you about five ways to cut weight.

THE CANADIAN PRESS

Watch what you drink

Cut the calories you drink. Yes, drink. People routinely forget about the calories in the fluids they imbibe, be it fruit juices, specialty coffees or alcohol, the doctors say. Unlike solid snacks, liquid calories don't fill you up. They don't trigger the brain's impulse to compensate by eating less later.

Make good decisions

Focus on behaviours, not pounds. Your weight is where it is because of your habits. Maybe you snack in front of the TV at night or you give yourself a free pass when you eat out — and you eat out a lot. Grappling with those habits is what you have to do to make inroads on weight control, Sharma says.

Sleep in, lose weight

Get more sleep. The scientific evidence is piling up that society's sleep deficit is contributing to the obesity epidemic. Study after study shows a link between too little sleep and weight gain. In part it's an issue of opportunity: A sleeping person can't eat. Put another way, the more time you are awake, the more opportunity you have to consume calories.

Don't let it come back

Assess the livability of your approach. Unless you're a lucky person who only needs to shed a couple of pounds gained on a cruise or over Christmas, if you want to lose weight chances are weight control is going to be an ongoing part of your life. So going on a drastic diet may shed the excess weight. But if you ease up, it's going to come back. "The idea that 'I'm just going to do something for a couple of weeks and lose weight'— you're just setting yourself up for failure. That weight is going to come back," Sharma says.

Take the pledge

Set realistic goals. You're not a runner but you decide your path to your ideal weight is by becoming a marathoner. Or you pledge to spend 90 minutes at the gym every day when you currently get there three or four times a month. "I think people should take small steps that are sustainable," Freedhoff says.

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Sandwich so good it might make you rethink meat

ROSE REISMAN
for more, visit
rosereisman.com

After tasting this sandwich you might decide to go vegetarian! The grilled vegetables, pesto, and brie are a sensational combination. And, yes, you can enjoy brie when you're eating light — just watch the amounts.

For the rolls, I like to use either focaccia or sourdough rolls.

If using store-bought pesto, remember it is higher in fat and calories than my homemade version; use a smaller amount or thin it out with a bit of water.

This recipe serves eight. PER KRISTIANSEN, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

1. Preheat oven to 425 F. Line a rimmed baking sheet with foil.

2. Place onion, red pepper, mushroom and zucchini on the prepared baking sheet. Spray lightly with cooking oil. Roast vegetables, turning once, for 25 to 30 minutes or until tender. Remove and allow to cool.

3. For the pesto, place all basil leaves, Parmesan, pine nuts, cream cheese, garlic, stock, and olive oil in the bowl of a small food processor and purée until smooth.

4. Combine 2 tbsp pesto and sour cream in a small bowl.

5. Cut roasted vegetables into pieces that fit the shape of the bread. Place in a bowl and toss with the oil, vinegar and garlic.

6. Spread the pesto mixture over the bottom half of each roll. Top with the vegetable mixture and brie. Replace the top half of the roll and cut in half to serve. **ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN**

Ingredients

- 1/2 large red onion, sliced
- 1 red bell pepper, cut in 8 wedges
- 1 large portobello mushroom, thickly sliced
- 1 zucchini, cut in 3 slices lengthwise
- 2 tbsp basil pesto sauce
- 2 tbsp low-fat sour cream
- 1 tbsp olive oil
- 2 tsp balsamic vinegar
- 1/2 tsp minced fresh garlic
- 4 large rolls (each 3 1/2 oz), split
- 2 oz brie cheese, thinly sliced

Basil Pesto Sauce (Makes 3/4 cup)

- 1 cup fresh basil leaves
- 2 tbsp grated Parmesan cheese
- 1 tbsp toasted pine nuts
- 2 tbsp light cream cheese
- 1 tsp minced fresh garlic
- 3 tbsp chicken stock or water
- 2 tbsp olive oil

Health Solutions

High water content

NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

Canadian winters are parching because the heated indoor air is as dry as the desert. The double downside is that when you catch a bug, your need for liquids goes even higher.

Your hair, skin and lips show it on the outside, but the inside is crawling toward the oasis too.

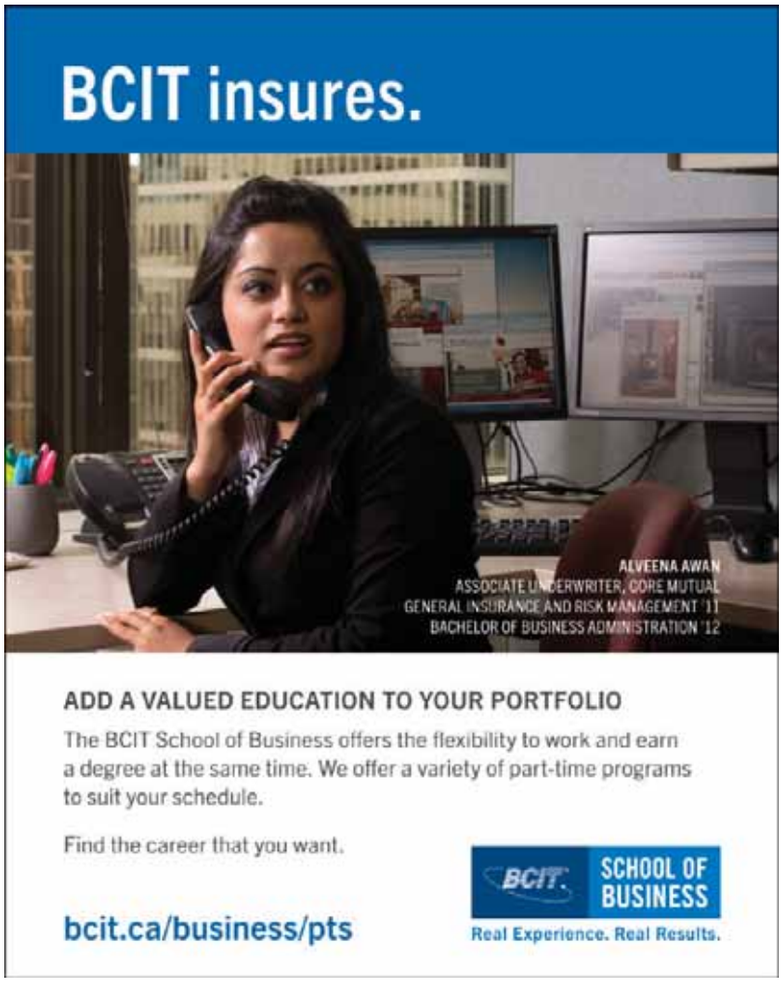
Drinking your eight glasses a day is a bit of a myth, given that the foods you eat provide lots of water as well.

Increasing the high water choices helps beat dehydration with the added bonus of filling you up and preventing hunger. Choose wisely from this list of low cal/high water foods.

- **Watermelon**
- **Oranges/lemons**
- **Kiwi**
- **Berries**
- **Apples/pears**
- **Yogurt**
- **Leafy Greens: iceberg, romaine, kale, spinach, collards**
- **Tomatoes**
- **Cucumbers**
- **Celery**
- **Cabbage**
- **Broccoli**
- **Low sodium broth soups**

Of course, there is always a nice big bottle of sparkling water on your desk in the a.m. that must be finished by the end of the day.

That's the best cue to making sure you are getting enough. You will know by the colour of your urine, the lighter and clearer the better. **THERESA ALBERT IS A FOOD COMMUNICATIONS CONSULTANT AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**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NEW YEAR'S RESOLUTIONS - HOW TO STICK TO THEM

New Year's resolutions doomed to fail? Bah humbug! You are 10 times more likely to self-change if you make a resolution than making no promise at all, research says.

RESOLUTIONS DROPPED OVER TIME, BUT THEY'RE BETTER THAN NOTHING!

Psychologists from University of Scranton found that success at New Year's resolutions drops over time...

... but people who want self-change but made no resolutions fared over 10 times worse.

HOW TO STICK TO YOUR NEW YEAR'S RESOLUTIONS...

as told by John Norcross, psychologist and author of new book Changeology: 5 Steps to Realizing Your Goals and Resolutions

START BEFORE YOU REALLY START

It's better to ease your way into a resolution, so start practicing before your official start date.

MAKE A PUBLIC COMMITMENT, AND BEWARE OF YOUR WILLPOWER

Success will depend on how public your commitment is, as other people can offer helpful support. If willpower is your only factor in keeping a resolution, you're more likely to fail.

CREATE THE RIGHT ENVIRONMENT

Make small adjustments in your living environment — for example, remove temptations from your house or put Post-it notes as helpful reminders.

THINK HAPPY THOUGHTS

If you feel guilty about a bad habit, you won't change, as guilt will turn into self-blame, and then into more wishing than action.

REWARD YOURSELF

If you're trying a diet, reward yourself with a treat after a milestone date.

SOURCE: UNIVERSITY OF SCRANTON; JOHN NORCROSS; STICKR.COM; TEXT: ANTHONY JOHNSTON; GRAPHIC: MIA KOHAR, MWN

APPY NEW YEAR! TOP 5 DESKTOP & SMARTPHONE APPS FOR NEW YEAR'S RESOLUTIONS

MONINAVELARDE.COM/NEWYEARS

This website automatically generates resolution ideas if you are out of inspiration.

STARTARESOLUTION.COM

Call it "resolution networking." Enter your resolution in the site and the person who joined ahead of you will be your coach.

WEIGHTBOT

Here you can set your weight goal, record your weight, view your BMI, and see your progress on a nifty iPhone graph.

QUITTER

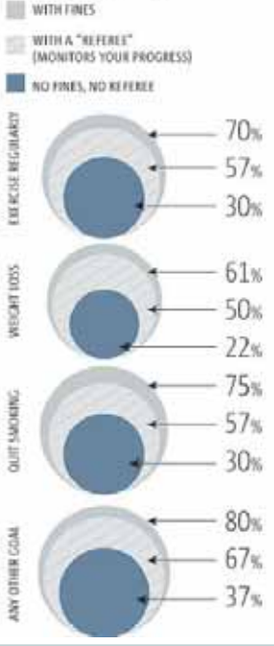
This clever notification iPhone app shows how far you've gone and how much money you've saved.

DRINKTRACKER

This app keeps track of your drinking habit using your iPhone and tells you when you have drunk enough.

LOSE WEIGHT OR PAY UP! SUCCESS RATES OF "CONTRACT WEBSITES"

StickR.com, a website created by Yale University economists, fines users $20 a week who sign a 24-week resolution contract but don't live up to it. And the stats show that money talks.



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sp: metro ski *Photo provided by Cypress Mountain*

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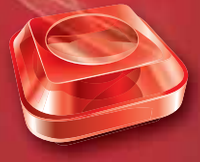

HALLS

We'll all feel better.

For the temporary relief of cough. Always read and follow the label.

Will debt settlement companies really solve your financial woes?

Money. Ontario joins other provinces aiming to regulate the operations of these companies

YOUR MONEY
Alison Griffiths
money@metronews.ca

Any request for money up front is a red flag when looking for a debt settlement organization. ISTOCK IMAGES

An Ottawa debt settlement company promised Holly Wang complete debt relief. The reality didn't live up to her expectations. The Kingston, Ont., nurse began the spiral into debt 15 years ago when she and her husband bought their first house. Twins and a divorce soon followed and her deadbeat husband made only sporadic child support payments.

"I was pretty depressed about it and got into gambling ,which was the worst thing but at the time it seemed like a way out. I also bought lottery tickets almost every day."

As her debt situation worsened the stress made Wang sick and she was increasingly absent from her job as a nursing home supervisor. Her employer finally ran out of patience and let her go.

In desperation, Wang turned to a debt settlement company. She paid $500 in up front fees then $300 monthly into an account with the company. She was told to ignore her creditors until she had built up sufficient funds to make a deal with them. In the end, only two of her seven creditors were willing to settle. She paid her money for nothing.

Wang's experience is all too common. "Essentially, debt settlement companies have charged huge fees, sometimes in the thousands, made broken promises to settle debts for consumers and not followed through on their claims to be able to work with creditors," wrote Laurie Campbell, CEO of the not-for-profit charity, Credit Canada Debt Solutions (CCDS) in a recent blog.

On Friday, the Ontario government joined Alberta, Manitoba and Nova Scotia by introducing regulations to curb these companies, more than 20 of which operate in the province. Still at the proposal stage, the Ontario government is aiming to ban up-front fees, limit total fees collected, improve the transparency of contracts and allow a 10-day cooling off period.

Canadians in any province needing help with their debts should ensure the organization is a not-for-profit charity. Any request for money up front is a red flag, as are excessive promises to eliminate debt or settle with creditors for pennies on the dollar. Also, don't believe assurances that your credit score won't be affected.

If in doubt, contact CCDS (www.creditcanada.com).

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

MLS

Whitecaps duo lace 'em up for Newtown

Vancouver Whitecaps goalkeeper Brad Knighton and striker Omar Salgado were among 30 confirmed Major League Soccer players to take part in Soccer Night in Newtown Monday.

The event was first initiated by Houston Dynamo president Chris Canetti as a way to give back to the community of Newtown, Conn., which has been devastated by the mass shooting inside Sandy Hook Elementary School that killed 20 school children — aged six and seven years old — and six school staff last month.

MLS reported on its website that 1,500 people from the community turned out for the event, which also included men and women from the U.S. national squads. METRO

Whitecaps striker Omar Salgado GETTY IMAGES FILE

Baseball

Canadians bench bosses will get chance defend title

Clayton McCullough helped guide the Vancouver Canadians to the franchise's second consecutive Northwest League championship last summer, and he'll have the chance to make it a three-peat.

The Canadians announced Monday that the Toronto Blue Jays, parent club of the Vancouver short-season single-A squad, have brought back McCullough as manager, as well as pitching coach Jim Czajkowski and hitting coach Dave Pano.

"I think whether you are a player or a coach, you always hope to get the opportunity to defend a championship," said McCullough in a statement.

"Vancouver is a tremendous place for our players to come to develop their skills, playing in front of a fan base that is the best in the Northwest League."

Last year's Northwest League title came courtesy of a thrilling comeback victory in the third and final game of the championship series against the Boise Hawks. METRO

UBC 'embraced' locked-out NHLers

NHL. As lockout ends, so too does four-month on-ice relationship between pros and Thunderbirds

CAM TUCKER
cam.tucker@metronews.ca

Canucks captain Henrik Sedin, right, skates with the puck while practising with the University of British Columbia Thunderbirds on Monday in Vancouver. DARRYL DYCK/THE CANADIAN PRESS

It was a relationship forged out of necessity. It ended as beneficial for both parties.

A group of locked-out NHL players, mostly eight members of the Vancouver Canucks with a few other locals rotating in, and the UBC Thunderbirds men's hockey team skated together for the better part of four months while the labour battle dragged on.

For the Canadian Interuniversity Sport team, it was a chance to practise with and learn from some of the best players in the world. For the NHLers, at least those who stayed in Vancouver, it proved a valuable way to keep in shape.

Sunday, the lockout ended.

Monday, the NHL contingent and university players and coaches said their goodbyes at the Doug Mitchell Thunderbird Sport Centre on the UBC campus.

"They really embraced us," said Canucks centre Manny Malhotra.

"They've been really good to us. We've been a part of their team the whole way through," added Canucks captain Henrik Sedin.

"For them to let us practise here, even though they're … playing games and trying to work on different things, it's been awesome for us and it's really kept us in good shape instead of just skating with five, six, seven guys."

The Canucks will likely begin training camp this weekend. The season could begin by Jan. 19.

The Thunderbirds, meanwhile, hold on to the sixth and final playoff spot in the Canada West standings with a 9-7-2 record and 20 points.

They are just three points back of the University of Manitoba Bisons for third in the conference, with a two-game weekend road trip against the University of Lethbridge ahead.

Having NHL players practise on the same ice surface these past few months has provided another learning tool for UBC head coach Milan Dragicevic.

"It's made our players better and it's made them aware of how hard you have to work to get to the next level," said Dragicevic.

"On the other hand, for the Canucks, I feel they got some structure in practice, they got to do some game-like situation drills with us. We pushed them, I thought, very hard and we wanted to make sure they were game ready come when the lockout ends."

Trade scenarios

Luongo gives GM Gillis 'green light'

With the lockout over, rumours surrounding the playing future of Roberto Luongo are heating up.

Despite a no-trade clause in his 12-year, $64-million contract, Luongo, it's believed, will be traded to the Toronto Maple Leafs in the near future. Rumoured to be coming to Vancouver in return is centre Tyler Bozak, a graduate of the British Columbia Hockey League.

"I'm prepared right now to go up to Vancouver and start training camp," Luongo told Sportsnet and other reporters in Florida.

"Unless (Canucks general manager Mike Gillis) tells me otherwise, I'm ready to go. I'm excited: I miss being around the guys.

"It's a process. I told Mike I gave him the green light to do whatever he needs to do that's best for the team. Whatever that is, how much time it will be, I don't know. All I know is I'm going to be a good teammate, whatever the circumstance is." METRO

Miller named interim coach for Canada

Stephen Hart, pictured, resigned as the Canadian men's national soccer team's head coach in October. COLIN MCCONNELL/TORSTAR NEWS SERVICE FILE

Colin Miller has been named interim head coach of Canada's men's national team, the Canadian Soccer Association announced Monday.

Miller will run the Canadian squad during its first camp of the year, which goes Jan. 19-30. Canada will also play Denmark on Jan. 26 and the U.S. on Jan. 29 in a pair of international friendlies.

"It has always been a privilege to represent Canada, as a player, team captain and coach, and I look forward to taking on the role of interim head coach for a second time," said Miller in a statement.

This is Miller's second appointment as interim head coach of Canada's national team. He held the position in 2003 and 2004 after serving as an assistant coach.

Miller also played for Canada in the 1986 FIFA World Cup.

Miller takes over from Stephen Hart, who resigned as head coach in October, two days after the Canadian side was embarrassed 8-1 by Honduras and eliminated from World Cup qualifying. METRO

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T.J. Yeldon of the Alabama Crimson Tide scores a second-quarter touchdown against the Notre Dame Fighting Irish during the Discover BCS National Championship at Sun Life Stadium on Monday in Miami Gardens, Fla. KEVIN C. COX/GETTY IMAGES

Crimson Tide roll to 2nd straight title

BCS championship.
Alabama blow out Notre Dame in second-biggest rout of BCS era

Championship game

Crimson Tide	Fighting Irish
42	14

The coach no longer wears houndstooth. The result is the same. Another Alabama dynasty.

Quieting the Irish by the first play of the second quarter, Eddie Lacy, AJ McCarron and the No. 2 Crimson Tide rolled top-ranked Notre Dame 42-14 for the BCS championship Monday night, locking up a second straight national title and third in four years with another laugher of a title game.

Bear Bryant would've been especially proud of this one — Nick Saban and the Tide romping to the second-biggest rout of the BCS era that began in 1999.

Lacy, the game's offensive MVP, ran for one touchdown and caught a pass for another in the final minute of the opening half, spinning away from the vaunted Notre Dame defence not once, but twice, to cap a 28-0 blitz before the bands even got on the field.

Lacy finished with 140 yards on 20 carries, coming up with two of his best performances in the two biggest games of the year. He rushed for a career-high 181 yards in a thrilling victory over Georgia in the SEC title game, and was nearly as dominant against the Irish. McCarron wasn't too shabby, either, completing 20 of 28 passes for four touchdowns and 264 yards, adding another dazzling effort on top of his MVP in last year's title game.

You could almost hear television sets around the country flipping to other channels, a hugely anticipated matchup between two of the nation's most storied programs reduced to nothing more than the second straight BCS blowout for the Crimson Tide.

"We've had a lot of really great football players who've worked really hard," Saban said. "Because we've had a great team, we've been able to have a significant amount of success."

The Crimson Tide will likely wrap up its ninth Associated Press national title, breaking a tie with Notre Dame for the most by any school.

THE ASSOCIATED PRESS

NBA

Wizards find magic again vs. another vaunted opponent

Bradley Beal made a jumper with 0.3 seconds left after using a pump fake to get open, and the short-handed Washington Wizards beat the Oklahoma City Thunder 101-99 Monday night.

Kevin Durant led Oklahoma City (26-8) with 29 points.

The Wizards (5-28), playing without their top two scorers, had lost 13 of their previous 14, but they also beat the Miami Heat earlier in the season. Beal and Martell Webster led the Wizards with 22 points each.

Kevin Seraphin added 19 points, and Emeka Okafor had 12 points and 12 rebounds.

The Thunder missed 16 straight shots from midway through the third quarter to midway through the fourth quarter.

With John Wall, Trevor Booker and Cartier Martin also out, Washington had just nine players available.

THE ASSOCIATED PRESS

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	23	9	.719	—
New York	23	11	.676	1
Atlanta	20	12	.625	3
Chicago	19	13	.594	4
Indiana	20	14	.588	4
Brooklyn	19	15	.559	5
Milwaukee	16	16	.500	7
Boston	17	17	.500	7
Philadelphia	15	20	.429	9 1/2
Orlando	12	21	.364	11 1/2
Detroit	13	23	.361	12
Toronto	**12**	**22**	**.353**	**12**
Charlotte	9	24	.273	14 1/2
Cleveland	8	28	.222	17
Washington	5	28	.152	18 1/2

WESTERN CONFERENCE

	W	L	Pct	GB
L.A. Clippers	27	8	.771	—
Oklahoma City	26	8	.765	1/2
San Antonio	27	10	.730	1
Memphis	22	10	.688	3 1/2
Golden State	22	11	.667	4
Houston	20	14	.588	6 1/2
Denver	20	16	.556	7 1/2
Portland	18	15	.545	8
Utah	18	18	.500	9 1/2
Minnesota	15	15	.500	9 1/2
L.A. Lakers	15	18	.455	11
Sacramento	13	22	.371	14
Dallas	13	22	.371	14
Phoenix	12	23	.343	15
New Orleans	9	25	.265	17 1/2

Monday's results
Washington 101 Oklahoma City 99
Boston 102 New York 96
New Orleans 95 San Antonio 88
Chicago 118 Cleveland 92
Utah 100 Dallas 94
Memphis 113 Sacramento 81
Orlando at Portland
Sunday's results
Oklahoma City 104 **Toronto 92**
Miami 99 Washington 71
Charlotte 108 Detroit 101 (OT)
Memphis 92 Phoenix 81
Denver 112 L.A. Lakers 105
Tuesday's games — All Times Eastern
Miami at Indiana, 7 p.m.
Brooklyn at Philadelphia, 7 p.m.
Phoenix at Milwaukee, 8 p.m.
Atlanta at Minnesota, 8 p.m.
L.A. Lakers at Houston, 8 p.m.
Wednesday's games
Utah at Charlotte, 7 p.m.
Atlanta at Cleveland, 7 p.m.
Philadelphia at **Toronto**, 7 p.m.
Phoenix at Boston, 7:30 p.m.
L.A. Lakers at San Antonio, 8 p.m.
Milwaukee at Chicago, 8 p.m.
Minnesota at Oklahoma City, 8 p.m.
Houston at New Orleans, 8 p.m.
Orlando at Denver, 9 p.m.
Dallas at L.A. Clippers, 10:30 p.m.
Memphis at Golden State, 10:30 p.m.

NFL

PLAYOFFS

WILD CARD
Saturday's results
Houston 19 Cincinnati 13
Green Bay 24 Minnesota 10
Sunday's results
Baltimore 24 Indianapolis 9
Seattle 24 Washington 14
DIVISIONAL PLAYOFFS
Saturday's games — All Times Eastern
Baltimore at Denver, 4:30 p.m.
Green Bay at San Francisco, 8 p.m.
Sunday's games
Seattle at Atlanta, 1 p.m.
Houston at New England, 4:30 p.m.
CONFERENCE CHAMPIONSHIPS
Sunday, Jan. 20
AFC, TBA
NFC, TBA
SUPER BOWL
Sunday, Feb. 3 — at New Orleans
AFC champion vs. NFC champion, 6 p.m.

NCAA

BCS CHAMPIONSHIP
At Miami Gardens, Florida
Monday's result
Alabama 42 Notre Dame 14
GODADDY.COM BOWL
At Mobile, Alabama
Sunday's result
Arkansas State 17 Kent State 13

GOLF

PGA-HYUNDAI TOURNAMENT OF CHAMPIONS

AT KAPALUA, HAWAII
First and Second Rounds
Par 73

Dustin Johnson	69-66—135
Steve Stricker	71-67—138
Bubba Watson	70-69—139
Keegan Bradley	71-69—140
Brandt Snedeker	70-70—140
Tommy Gainey	72-69—141
Carl Pettersson	70-72—142
Nick Watney	69-73—142
Scott Piercy	72-71—143
Webb Simpson	72-72—144
Rickie Fowler	70-74—144
John Huh	73-71—144
Johnson Wagner	72-72—144
Matt Kuchar	74-71—145
Ian Poulter	71-74—145
Mark Wilson	69-76—145
J.J. Henry	71-74—145
Jonas Blixt	72-74—146

AHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Portland	34	20	12	1	1	100	99	42
Worcester	33	18	12	1	2	88	93	39
Providence	32	17	13	0	2	79	88	36
Manchester	35	16	15	2	2	94	92	36
St. John's	36	15	19	1	1	86	105	32

NORTHEAST DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Springfield	33	19	9	2	3	109	79	43
Bridgeport	34	17	14	1	2	106	106	37
Albany	31	13	11	1	6	78	80	33
Connecticut	35	15	17	3	0	95	109	33
Adirondack	33	14	17	1	1	79	96	30

EAST DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Syracuse	34	22	7	2	3	122	91	49
Binghamton	32	21	8	1	2	104	80	45
Hershey	34	16	16	1	1	87	85	34
W-B/Scranton	34	15	16	2	1	83	90	33
Norfolk	33	14	17	2	0	83	100	30

WESTERN CONFERENCE

NORTH DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Toronto	33	21	9	1	2	115	83	45
Abbotsford	34	17	10	3	4	80	74	41
Lake Erie	36	18	15	2	1	111	114	39
Rochester	33	17	13	2	1	111	104	37
Hamilton	34	12	18	1	3	74	109	28

MIDWEST DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Grand Rapids	33	20	10	1	2	103	88	43
Milwaukee	34	17	13	2	2	92	97	38
Rockford	35	17	16	1	1	106	105	36
Chicago	32	15	12	3	2	86	92	35
Peoria	35	14	17	2	2	81	112	32

SOUTH

	GP	W	L	OTL	SOL	GF	GA	Pt
Charlotte	36	20	11	2	3	109	94	45
Texas	35	19	11	3	2	92	92	43
Houston	35	18	11	3	3	104	97	42
Oklahoma City	35	18	13	1	3	115	108	40
San Antonio	37	15	18	0	4	94	104	34

Sunday's results
Norfolk 1 Charlotte 3
W-B/Scranton 0 Connecticut 2
Springfield 4 Providence 1
Binghamton 2 Albany 5
Grand Rapids 2 Milwaukee 3 (SO)
Peoria 2 San Antonio 5
Worcester 2 Hershey 1
Oklahoma City 3 Chicago 6
Houston 3 Texas 4 (OT)
Tuesday's games — All Times Eastern
Hershey at Bridgeport, 7 p.m.
Worcester at Portland, 7 p.m.
Toronto at Hamilton, 7:30 p.m.
Wednesday's games
Syracuse at Rochester, 7:05 p.m.
Binghamton at W-B/Scranton, 7:05 p.m.
Grand Rapids at Rockford, 8:05 p.m.

SUBMISSIONS ARE NOW OPEN!
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OFFICIAL SELECTION
Recreate your favourite movie in 60 seconds or less.
Not a scene, THE ENTIRE MOVIE!
The winning film scores
$10,000 CASH
Go to virginradio.ca for new rules & details!

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
You could easily get the wrong end of the stick today and say or do something you regret. If you do make a mistake, don't make it worse by refusing to admit it. An apology now will save a lot of grief later.

♉ Taurus
April 21 - May 21
According to the planets, someone will try to mislead you today. No matter how reliable you think your sources may be, make sure they know what they are talking about. Get a second opinion if necessary.

♊ Gemini
May 22 - June 21
Don't change your plans just because you are having second thoughts about a joint enterprise of some kind. Everyone has doubts occasionally — yes, even a Gemini — so sleep on it before making a final decision.

♋ Cancer
June 22 - July 23
You may feel tied down by obligations but there is not much you can do about it, so be patient. If you give others the impression you would rather be somewhere else, they may pile more work on you.

♌ Leo
July 24 - Aug. 23
If you are not too careful, today's cosmic influences could loosen your tongue and encourage you to say things that should be kept under wraps. Remember, knowledge is power, and the less others know about you the better.

♍ Virgo
Aug. 24 - Sept. 23
You may do something silly over the next 24 hours but nothing bad will come of it. The best way to deal with embarrassing situations is to laugh at them. They're simply not worth losing sleep or friends over.

♎ Libra
Sept. 24 - Oct. 23
You may be tempted to rush things today, to get through your tasks in double quick time, but that would be a mistake. Take your time and make sure you do everything to your full ability. Expect the best of yourself.

♏ Scorpio
Oct. 24 - Nov. 22
You could be rather touchy today, and for no good reason, but that's OK. Everyone who knows you realizes that once in a while you slip into a bit of a funk. And those who don't know you will soon learn.

♐ Sagittarius
Nov. 23 - Dec. 21
Things are going well for you now but there is a danger you could be lulled into a false sense of security. On the money front, especially, you are advised to take nothing for granted. Don't give away anything for free.

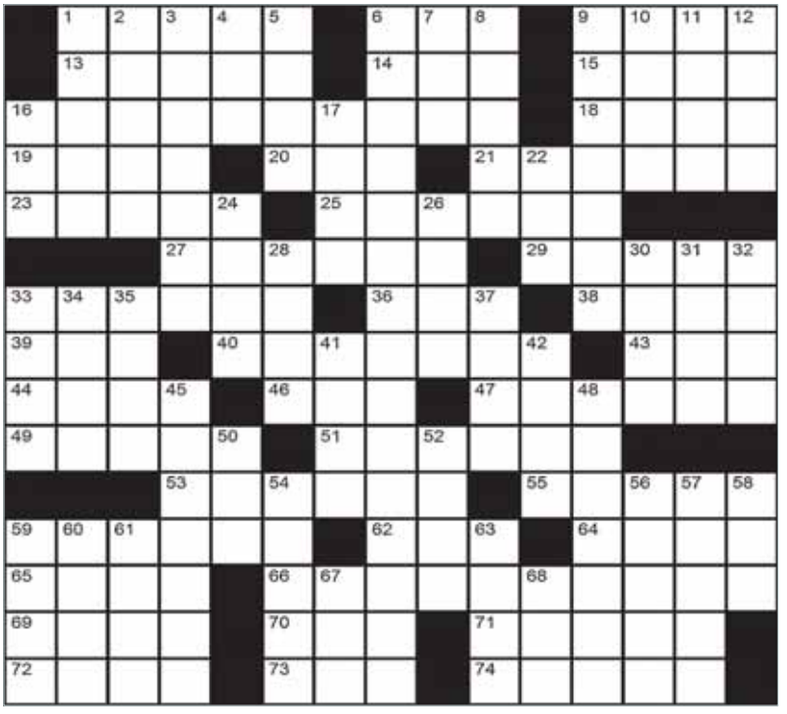
♑ Capricorn
Dec. 22 - Jan. 20
Why are you so worried? What can possibly go wrong? The Sun in your sign indicates that no matter what you do today it will work out for the best, so get on with it and wipe that frown from your face.

♒ Aquarius
Jan. 21 - Feb. 19
When the Sun moves into your birth sign at the end of next week, your energy will return. But between now and then you are advised to take things easy, mentally and emotionally as well as physically. Pace yourself.

♓ Pisces
Feb. 20 - March 20
You are in one of your daydreamy moods at the moment and there is nothing wrong with that, but watch out you don't lose touch with reality completely. There are people out there who will take advantage. SALLY BROMPTON

Crossword: Canada Across & Down

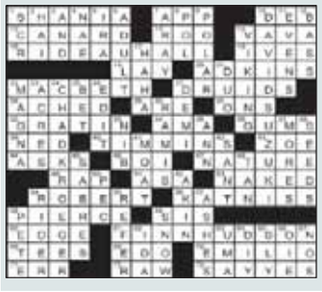
BY KELLY ANN BUCHANAN



Across
1. Rocker born Jan. 8th, 1935
6. "Brother Down" singer Mr. Roberts
9. Recipe meas.
13. Singer Bonnie
14. Pussycat Dolls hit: "Don't __"
15. __ National Park, BC
16. Current exhibit at #9-Down, Terrestrial __
18. A&W __ Beer
19. "...take _ __ song and make it better."
20. For each
21. "Wild __" by Gino Vannelli
23. Litigate again
25. Go "Achoo!"
27. Volcano opening
29. "I'm a __ 4 U" by Britney Spears
33. Soup tidbit
36. Performed
38. Sci-Fi princess
39. Dublin, __.
40. Dressed like Dracula
43. CV
44. Actor Mr. Schreiber
46. Mr. Pacino's
47. Snappy reply
49. 'Sexiest Man Alive', Channing __
51. Penitent person
53. Northwest Territories town
55. Some large cats
59. Canadian actor Mr. Garber of NBC's new drama "Deception"
62. Avril's follower
64. Bananas brand
65. Much: 2 wds.
66. Football-shaped "Family Guy" character: 2 wds.
69. Garage band's CD
70. Banqueted
71. Sir Newton
72. Paradise
73. __'easter
74. Lightly fry

Down
1. Clear
2. Sing-song sounds
3. Bridge with arches
4. 'Social' suffix
5. Supremes song starter!
6. __, Beloved of the Sky (Emily Carr, oil on canvas, 1935): 3 wds.
7. Sushi tuna
8. Papier-__
9. Royal __ Museum (Fossils-viewing spot in Alberta's badlands)
10. Ghost cries
11. Pump or loafer
12. Cultivating containers
16. Golf standard
17. Soap brand
22. Li'l weight units
24. Toronto-born actor Mr. McCormack
26. Mr. Estrada
28. Teatro __ Scala; aka La Scala (Milan opera house)
30. Bubbly bar
31. Challenger
32. The __ Coast
33. Lively tune
34. 'Crit' completer
35. Nair competitor
37. Actress Laura
41. Norwegian king, variantly
42. Meaningful
45. Louis __ handbags
48. Past (and possibly future?) Prime Minister
50. Alphabetic trio
52. "No problem."
54. Country star Keith
56. Never Cry Wolf author Farley
57. Lewis Carroll character
58. Look
59. __ mecum (Handbook)
60. __ _'Orleans, QC
61. Order to Fido
63. Egyptian goddess
67. _ __ Z
68. US airport screening org.

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

					4			
	4			8				
				7	2	3	4	9
	6	5		3			8	2
		4	8		1	5		
3	8			6		7	9	
2	7	1	6	9				
				4			6	
			1					

Yesterday's Sudoku

7	4	9	5	2	1	6	8	3
6	2	1	7	8	3	9	5	4
3	8	5	6	4	9	1	7	2
5	9	2	4	1	6	7	3	8
1	3	6	2	5	7	4	9	6
4	6	7	3	9	8	2	1	5
8	7	3	1	6	4	5	2	9
2	1	4	9	3	5	8	6	7
9	5	6	8	7	2	3	4	1

Today 6°/2° Rain 90%
Wednesday 7°/-1° Showers 40%
Know what the weather will be 14 days from now.
Check the 14 day trend.
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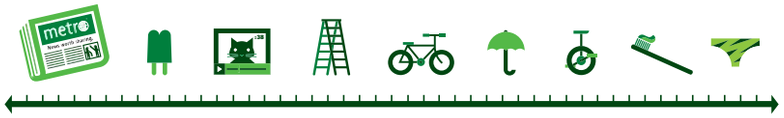
Sharability



easy — hard

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BC's Set for Life

Mark Rodgers – Maple Ridge, BC

Robert & Kimberley Blair – Surrey, BC

Matthew Classen – Pitt Meadows, BC

David Macdonald – Coquitlam, BC

5

6

7

8

9

10

4 WINNERS, 6 MORE TO GO. YOU COULD BE NEXT.

bclc

Know your limit, play within it. GameSense

19+